

## ABSTRACT OF THE DISCLOSURE

The present invention is designed for any user types and more specifically it allows the user to maximize their exercise workout by providing them with more options of either utilizing the elliptical portion (providing the running effect) or the exercise bike portion (providing the cycling effect) of the machine. Both portions provide an exercise workout; when the user feels fatigue from their aerobic workout by using the elliptical portion, they have the luxury of continuing their cardiovascular workout by using the bike portion of the machine while being seated.